VOLUME 24, NO. 1, JANUARY 1992

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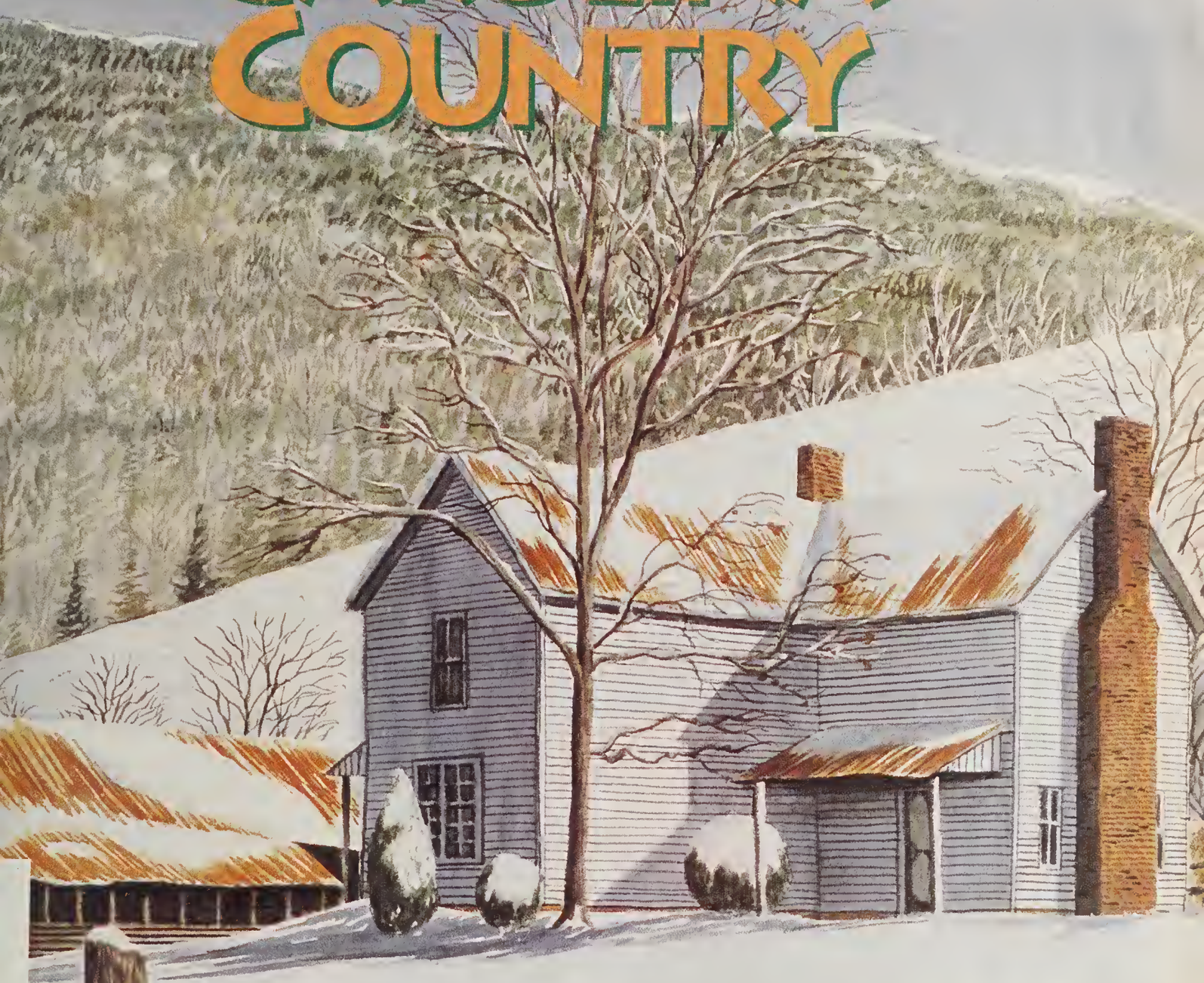
# CAROLINA COUNTRY



**ARE ELECTRIC AND MAGNETIC FIELDS A THREAT TO YOUR HEALTH?**
*Special feature, page 10*

**CO-OPS MUST FIND NEW SOURCES OF FINANCING**
*Our View, page 4*

**11 EMC NEWSLETTERS CITED IN EVALUATION PROGRAM**
*Focus, page 6*

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VOLUME 24, NO. 1, JANUARY 1992

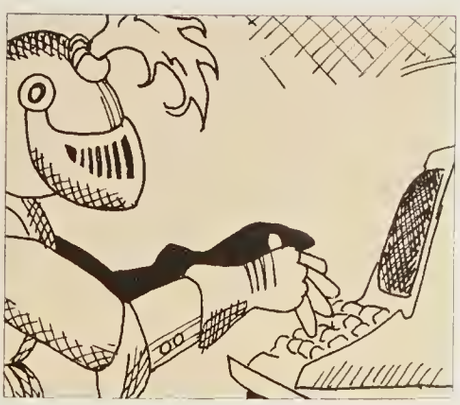
# CAROLINA COUNTRY

## DEPARTMENTS

**OUNTAIN MEMORIES,"
VATERCOLOR BY
LLARD (COTTON) KETCHIE**

ur cover this month features a detail from ountain Memories," a new ercolor by Mooresville st Millard (Cotton) Ketchie. The Stanly County native is lf-taught artist who has n painting professionally the past 10 years. His lim- l edition prints and pencil wings are being sold in 22 es.

le and his wife, Vickie, and operate Landmark eries in Mooresville. limited edition print of untain Memories" is avail- from the gallery. The has an image size of 1/8 inches by 24 inches on measuring 16 3/8 inches 8 inches. Copies are $85 , plus 6 percent for state tax and $5 for shipping. nd orders to Landmark eries, 212 N. Main St., resville, N.C. 28115. For hone orders using major t cards, call toll-free: 0-842-8604.



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OUR VIEW 4

It's time for the nation's rural electric cooperatives to seek new sources of financing to augment or replace the federal loan program.

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FEATURE 10

Are electric and magnetic fields a threat to your health? After 15 years of research, scientists have not proven a cause-and-effect relationship between EMF and disease. The uncertainty of the data keeps experts at odds.

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Readers comment on efforts to revive the native chestnut tree and describe special counseling that is required for consumers who apply for reverse mortgages.

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Even though winter weather may limit outdoor work, don't forget to take care of watering and pruning duties.

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TIME TO FACE REALITY

# Co-ops need new sources of financing

**THIS EDITORIAL WAS WRITTEN BY BOB MCDUFFIE, EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER OF RANDOLPH ELECTRIC MEMBERSHIP CORPORATION, ASHEBORO. HE SERVES ON TWO NATIONAL COMMITTEES THAT ARE STUDYING THE ELECTRIC CO-OPS' NEED FOR NEW SOURCES OF FINANCING.**

Leaders of the nation's rural electric program are not facing reality if they cannot agree with the program's critics on at least one point: federal subsidies for the electric cooperatives may soon be greatly reduced.

For many years, the critics have been unrelenting in calling for the federal government to eliminate or drastically reduce the subsidy provided for the co-ops in the form of low-interest loans. They almost always fail to point out that all electric utilities, public and private, receive some kind of government subsidies. And they don't mention the fact that Rural Electrification Administration (REA) financing for the co-ops has cost the government far less on the average than has its subsidies to the investor-owned utilities and municipal systems.

Nonetheless, in this period of increased taxes and high deficits, I believe the reality is that the rural electric program cannot continue to operate the way it has in the past. For this reason, it is time for co-op leaders to start looking ahead to a time when the federal government will no longer furnish loans at cheap interest rates. I believe that the rural electric cooperatives must take steps now to establish secure financing sources for the future. REA may or may not have a role in this effort.

Two basic scenarios have emerged on the question of financing and administration of the rural electric cooperatives. One of these is to modernize REA and make it more efficient. One problem the co-ops have had with the agency is its backlog of loan applications. Some see this backlog as a ploy that is intended to pressure the co-ops into looking elsewhe for financing. Others say budget constraints have made it impossible for R to keep up.

Undoubtedly, the RE mortgage is outdated an need of streamlining. If co-op were interested in other sources of financi the red tape involved in ting a clearance for it fr REA is awesome. If RE to continue in this kind role, major renovations in order.

The second scenario would give the co-ops th option of dropping REA financing. If this path is chosen, the co- must take steps to assume control of the own destiny.

This might mean buying out the insu loan fund that has been the source of R loans for more than 50 years. One way handle that would be to establish a part ship in which the co-ops can gradually more and more control over the loan fu while the government's control is reduc Another possibility would be "privatiza tion" of the fund. The co-ops would tra their portion of the insured loan fund fr the government to a new non-governme organization. The interest rate on loans would be set at a level that would perpe ate the fund.

Both of these courses of action are b thoroughly analyzed by leaders of the r electric program .

The strategy that emerges from these cussions may well mark the beginning new era for the rural electric program. believe it could also have implications rural America that will rival the impact this program's birth half-a-century ago.

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**11 EMC NEWSLETTERS GET 'AWARDS OF EXCELLENCE'; STATE'S HIGHEST HONOR GOES TO A CRAFTSMAN, A PUBLIC SERVANT, A SCIENTIST, A SURGEON AND AN AUTHOR; CO-OP CONTRIBUTES $12,000 TO CANCER TREATMENT CENTER IN BOONE.**

## 11 EMC NEWSLETTERS CITED IN EVALUATION PROGRAM

Consumer newsletters published by 11 of North Carolina's Electric Membership Corporations (EMCs) have been cited for outstanding achievement in a statewide evaluation program for the EMC publications.

The annual program, sponsored by North Carolina EMC, the statewide organization of electric cooperatives, selects the top EMC newsletters for a special commendation. Those selected receive an "Award of Excellence" at a newsletter editing workshop in Raleigh at NCEMC headquarters.

The newsletters are rated by a panel of judges and awarded points for their coverage of EMC activities, the co-op's role in the community, reader appeal, clarity and forthrightness. Plaques are awarded to newsletters that attain a score qualifying them for the top rating.

In addition, a Gold Medal Award is presented each year to the editor of the newsletter receiving the top score in the evaluation. That award for 1991 went to Cathy Johnson, editor of *Member News*, the monthly publication of Four County EMC, Burgaw.

Other EMCs receiving plaques in the 1991 evaluation program were:

• Blue Ridge EMC, Lenoir—*The Enlightener*—Maggie Tilley, editor.

• Carteret-Craven EMC, Morehead City—*The Connection*—Frank L. Lloyd, editor.

• Crescent EMC, Statesville—*Crescent Conductor*—Sharon Ervin, editor.

• Haywood EMC, Waynesville—*EMC Power Lines*—Betty Boger, editor.

• Jones-Onslow EMC, Jacksonville—*Spotlight*—Ken Jones, editor.

• Randolph EMC, Asheboro—*Watts Working*—Dave Rowe, editor.

• Roanoke EMC, Rich Square—*Roanoke Electric Flashes*—Sue Beal editor.

• South River EMC, Dunn—*South River EMC News*—Jeffrey Lowe, edi

• Tideland EMC, Pantego—*Tidel Topics*—Mazie Smith, who is no long with the co-op, served as editor throu September, 1991.

• Union EMC, Monroe—*Cooperat Review*—Luanne Sherron, editor.

## BLUE RIDGE EMC PLEDGES $12,000 TO CANCER CENTER

The board of directors of Bl Ridge Electric Membershi Corporation (BREMCO) h pledged a $12,000 contribution to t Watauga County Regional Cancer Treatment Facility.

The donation, to be delivered in three installments over the next thr years, will support a project that wil a critical need in the EMC's service area, said Johnnie R. Austin of Rou Boone, president of the co-op's boar

"Rural electric co-ops like ours h a responsibility to help improve the availability and affordability and qu ty of rural health care," he said. "T Cancer Treatment Center will help p vide the health care the people in o area need."

Paige Murray, chairman of the ho tal's board of trustees, said a recent study showed that about 400 cases cancer are diagnosed annually in t region. Half of those may qualify fo radiation therapy.

"Yet, only one out of 10 people i this area goes for radiation therapy. even though the national average is out of 10," he said.

He added that many of these can patients have difficulty making arra ments to get therapy outside the re

## FORMER REA ADMINISTRATOR ADDRESSES EMC DIRECTORS

David Hamil, a former administrator of the Rural Electrification Administration (REA), center, chats with two officials of North Carolina Electric Membership Corporation (NCEMC) during the Tar Heel organization's annual directors' conference in Raleigh. Harold R. Oates of Route 2, Gastonia, left, a director of Rutherford EMC, presided at the meeting. Wayne Keller, right, is executive vice president of NCEMC. Hamil, who was head of REA under Presidents Eisenhower, Nixon, Ford and Carter, was a featured speaker at the conference.

the construction of the Watauga
y, many of these patients will be
re likely to get the proper care,
y said.

## BETH DOLE ONE OF FIVE IENTS OF 1991 NORTH LINA AWARDS

ov. Jim Martin has presented the 28th annual North Carolina Awards to a crafts- public servant, a scientist, a n and an author.

awards, the highest honors given state, were presented to William ) Brown of Penland, for fine arts; eth Hanford Dole of Washington, or public service; Mary Ellen f Chapel Hill, for science; Jessie redith of Winston-Salem, for pub- vice and Robert R. Morgan of lle, N.Y., for literature.

Brown, who spent 21 years as director of the Penland School of Crafts, was honored for his enormous influence on thousands of American artists and craftsmen and for making the school an internationally recognized center for professional and traditional arts. Brown retired in 1982.

Mrs. Dole received the 1991 award for public service for a Tar Heel native living outside the state. She was cited for her career in government, which has involved service to six American presidents. The Salisbury native is now president of the American Red Cross.

Mary Ellen Jones was recognized for her pioneering research, which has provided much of the foundation for the scientific understanding of living organisms' biochemical make up.

A native of Illinois, she was at various universities before joining the UNC faculty in 1966. In 1980, she became the first woman ever to be named a Kenan professor.

Among her discoveries is one with a vital impact on the understanding of processes in fetus and child development and in cancer research.

Jesse H. Meredith was honored for his long and distinguished career in medical service.

During four decades of association with the Bowman Gray/Baptist Hospital Center in Winston-Salem, he pioneered modern medical procedures, including the creation of the center's kidney transplant program and the development of one of the nation's first intensive care units.

The Fancy Gap, Va. native became the first American surgeon to successfully re-attach a patient's severed hand.

Robert R. Morgan received the 1991 award in literature for a native North Carolinian living outside the state.

For more than 20 years, his poetry and short stories, incorporating the folklore and traditions of his Appalachia, have established him as one of America's leading writers.

The Hendersonville native is a professor of English at New York's Cornell University.

## FIVE EMCS ELECT 20 DIRECTORS

Five of the state's Electric Membership Corporations have elected 17 incumbents and four newcomers to their boards of directors at recent annual meetings:

❑ **Roanoke EMC.** Rich Square—Directors re-elected were Raymond Harrell of Route 1, Jackson; J. Lewis Storey of Route 1, Murfreesboro; and George W. Drake of Windsor.

*continued on page 8*

## DIRECTORS ELECTED

*continued from page 7*

Officers for the coming year are Henry A. Bennett of Route 1, Rich Square, president; Matthew Grant of Tillery, vice president; Elton L. Trotman of Route 2, Hobbsville, secretary-treasurer; and Rascoe A. Gilliam of Windsor, assistant secretary-treasurer.

❑ **Haywood EMC**, Waynesville—Directors elected included two incumbents. Roy Stamey of Canton and David R. Noland Jr. of Route 3, Clyde. Noland had held his board seat since July, when he was appointed to succeed John W. Rogers of Route 2, Clyde. Rogers, who had served as president of the board, stepped down for health reasons after six years of service. Also elected to the board were Larry T. Clark of Route 4, Waynesville and William H. Oglesby of Route 63, Cashiers. They will take the posts previously held by Carl Bryson of Route 63, Cashiers and Joe Davis of Waynesville. Bryson and Davis chose not to seek re-election.

Officers for the coming year will be Roy Stamey, president; Clark, vice president; and E.E. (Gene) Francis of Waynesville, secretary-treasurer.

❑ **Crescent EMC**, Statesville—Directors re-elected were Emory P. Windsor Jr. of Hamptonville, Ann M. Eller of Moravian Falls, Jimmy R. Horton of Cleveland, Tom B. Woodruff of Mocksville, J. Adrian Dobson of Statesville and T. L. Brotherton of Cornelius.

Officers for the coming year are Jimmy R. Horton, president; Shirley L. Johnson of Statesville, vice-president; and Jerry Anderson of Mocksville, secretary-treasurer.

❑ **Davidson EMC**, Lexington — Directors re-elected were L. Wade Myers of Thomasville, W. Max Walser of Lexington and C. Richard Watts of Walnut Cove.

Meanwhile, Rufus Wyatt Sr. of R 3, Lexington, has been appointed to board, succeeding Jack J. Myers of Lexington. Myers resigned from the board after 20 years of service.

Officers for the coming year are Eston S. Stokes of Linwood, preside N. Mack Shoaf of Winston-Salem, v president; W. Max Walser, secretary and C Richard Watts, treasurer.

❑ **Carteret-Craven EMC**, Morehead City—Directors re-elect were W. J. Wynne Jr. of Havelock, Jimmy A. Shaver of Pine Knoll Sho and John D. Young of Stella.

Officers for the coming year will R.W. Jones of Route 1, Newport, pr dent; W.J. Wynne Jr., vice presiden David M. Chadwick of Route 2, Beaufort, secretary; Nellie C. Garn Newport, assistant secretary; and J Henry Davis of Newport, treasurer.


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| | Brown | R5226 | | $10 | | $ |
| | Gray | R5227 | | $10 | | $ |
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| | Black | R5380 | | $10 | | $ |
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# Are EMFs a threat to your health?

BY NICOLE GUDZOWSKY
RURAL ELECTRIC NEWS SERVICE

It's almost a given of modern life that mundane commodities could one day turn suspect. Among the current catalog of questionable environmental agents, one stands out: electric and magnetic fields, or EMF. Unlike ozone-destroying aerosols and non-recyclable plastics, the electricity that produces EMF is not an expendable convenience. It's crucial to society.

**After 15 years of research scientists have not proven a cause-and-effect relationship between EMFs and disease. The uncertainty of the data keeps experts at odds.**

Not surprisingly, the growing body of scientific data suggesting a link between EMF and diseases such as leukemia has sparked public concern. After 15 years of research, scientists have not proven a cause-and-effect relationship between EMF and disease. Still, many feel that the mounting—albeit contradictory—findings merit attention.

"The evidence suggesting a basis for concern continues to gradually accumulate," says Granger Morgan, Ph.D., head of the Engineering and Public Policy Department at Carnegie Mellon University. "Certainly, there's been nothing to suggest that a diminished level of concern is appropriate."

In 1989 Morgan co-authored a congressional report concluding that current research on EMF "no longer allows one to ... assert that there are no risks. ... But it does not provide a basis for asserting that there is a significant risk." A more recent government statement on EMF came in December 1990 when the Environmental Protection Agency issued a draft report citing EMF as a "possible but not proven cause of cancer."

The uncertainty of the data keeps experts at odds.

Phillip Cole, head of the epidemiological department at the University Alabama at Birmingham, is skeptic about the correlations between EM and cancer suggested by some stud because they're evenly divided: hal show a link between cancer risk an EMF exposure and half discredit a association.

Cole also notes that despite subs tial power use increases over the p 40 years, leukemia rates have rema stable.

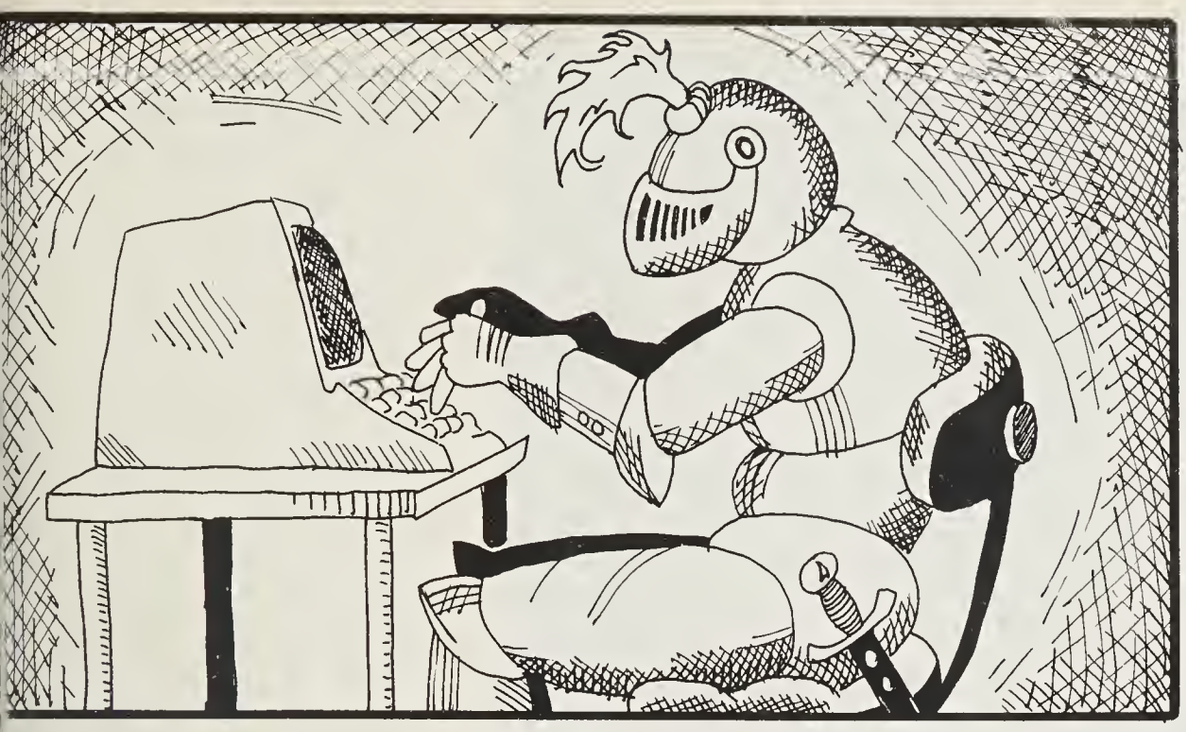
But others view the research differently.

Journalist Paul Brodeur, who ha warned about the health risks of E in *The New Yorker*, in *Family Circl* in his book, *Currents of Death*, say "The utility industry is trying to pe suade the American people that th not enough evidence, but the fact i during the last four or five years, t studies have been overwhelmingly positive."

Brodeur is credited with raising lic awareness but some say his pos has caused undue alarm. Industry, meanwhile, denies any cover-up.

"Scientists generally agree that t only definitive thing that can be sa about the health effects of EMF is we don't know, and that we need a stepped-up research program," say Martin Gordon, energy research an development program manager at t National Rural Electric Cooperati Association.

"Consumer-owned electric utilit have been aggressively getting all latest knowledge about EMF to the consumers."



**SOME EXPERTS ON EMF SUGGEST THE FOLLOWING PRECAUTIONS: KEEP ELECTRICAL DEVICES SEVERAL FEET AWAY FROM YOUR BODY, ESPECIALLY WHEN YOU ARE SLEEPING, AND STAY AT LEAST 30 INCHES AWAY FROM TV AND COMPUTER SCREENS.**

What is known is that EMF appears
rever electricity travels though a
e—around kitchen appliances,
ce equipment, home wiring and
er lines. Concern about the impact
MF on public health peaked in
9 following a pioneering study by
demiologist Nancy Wertheimer and
sicist Edward Leeper, who said chil-
n living near major power distribu-
lines in Denver had twice the nor-
risk of getting leukemia.
pidemiologist David Savitz dupli-
d their findings nine years later.
vever, the Chapel Hill scientist
ns that caution must be used in
wing conclusions from his or any
r studies on the subject.
We have not proven that magnetic
ls cause cancer," he said.
or more comments from Savitz, see
, page 12.)
new study headed by John Peters
he University of Southern California
cates that youngsters with the great-
xposure to power lines had a
emia risk of 2.5 in 20,000. The
nal risk is one in 20,000, according
onard Sagan, head of the radiation
ies program at the Electric Power
earch Institute, the utility group that funded the study.

Sagan stresses that there "are a lot of things in a child's environment that could be considered suspect" besides

*continued on page 12*

## WHAT CAUSES ELECTRIC AND MAGNETIC FIELDS?

**Invisible forces occurring all around us, electric and magnetic fields (EMFs) are manufactured by electrical appliances and power equipment, and also arise naturally in Earth's interior and in the human body.**

**EMFs are created by 60-hertz (Hz) power, the kind of alternating current used by industry and households that travels back and forth in opposite directions 60 times a second.**

**The electric charges from 60 Hz produce two kinds of fields: electric and magnetic. Electric fields result from the electrical pressure in a circuit, and are measured in units of volts per meter. Magnetic fields arise from the force carried through a circuit; they relate to the strength of the current and are measured in units called milligauss.**

**Both fields drop off rapidly with distance. Trees, buildings and other large structures can weaken electric fields, but magnetic fields can be shielded only by objects with large amounts of special metals. And while electric fields occur even when appliances are turned off, magnetic fields arise only when an appliance is turned on and electricity is flowing through its cord. Some scientists believe that possible health risks of EMF stem from magnetic fields, so they are the focus of most studies.**

**EMF is sometimes called low-level, or non-ionizing, radiation. Unlike the energy generated by microwave ovens and X-rays, however, these fields can't heat living tissue or destroy chemical bonds.**

## CHAPEL HILL RESEARCHER: AN EMF CELEBRITY

**When a reporter tackles an article about electric and magnetic fields, a call to Chapel Hill's Dr. David Savitz is usually in order.**

**Savitz, an associate professor of epidemiology at the University of North Carolina at Chapel Hill, is one of the leading researchers in the EMF field. While at the University of Colorado, he conducted research in the Denver area in the mid-1980s that showed a weak link between EMF and health effects.**

**Ever since, Savitz has been sought after, called and quoted regularly in the media about EMF and his studies on the subject.**

**Although the research was far from conclusive, it inspired plenty of misleading reports.**

**As a result, Savitz responds to most inquiries with a warning that the studies have not yet provided answers to the public's questions about the health risks of EMF.**

**He describes the latest findings on the subject as "ambiguous" at best.**

**A member of the UNC faculty for the past six years, the 37-year-old Savitz has gone from quiet researcher to a media celebrity in recent times.**

**"I try to answer all media calls, and I have a memo I send to the general public when asked. I can't talk to everyone," he said.**

**A common request is how to avoid EMF, which Savitz quickly points out is impossible since the flow of electricity is all around us. But there are ways to reduce exposure, he says.**

**"Eliminating the use of electric blankets and heated water beds would be a start," he aid. "If you work at a VDT (video display terminal), being at least an arm's length away instead of hovering over it would also be helpful."**

**Currently, Savitz is researching the effects of EMF on more than 150,000 utility workers at five power companies around the country. He expects to publish his findings in 1993.**

**His research is one of many projects now being funded by the Electric Power Research Institute (EPRI), the utility industry's research organization based in Palo Alto, Calif.**

***—Randy Wheeless***

*continued from page 11*

power lines, including food pesticides and radon, an invisible, odorless and naturally occurring gas found in buildings.

The Peters study also indicated that children who used hair dryers or watched black-and-white television sets had the greatest risk of cancer. But observers are dubious about the method used to determine the link: Peters asked parents to estimate their children's use of appliances.

One aspect of the study proved particularly baffling: the researchers did not establish that the greater a child's exposure to EMF, the greater the risk. Scientists measured fields in children's bedrooms and around their homes, but could not prove an association between elevated cancer risks and above-average fields. Thus, most agree that the EMF puzzle remains largely unsolved.

At least another 12 studies have shown elevated rates of brain cancer, lymphoma and leukemia among powe station operators, utility lineworkers and other electrical workers.

These studies have also been ques tioned, as adults have had longer exp sure to a range of possible contributi health hazards, including cigarette smoking and chemicals.

Laboratory tests have also generat compelling—though inconclusive— findings. The experiments suggest th EMF exposure affects cellular activit and hormone production. Scientists s these disruptions may alter a person cancer-fighting immune system, but they explain how these changes affe body functions.

Animal studies have shown that r exposed to EMF produce less mala tonin, a hormone that regulates the body's biological clock. Researchers view that as significant, because mal tonin deficiencies have been linked chronic depression and increased growth of certain tumors.

Most perplexing, perhaps, is that one knows what "dose" of EMF is sa Nevertheless, in recent years, seven states have set standards for electric fields from high-voltage transmissio lines. Also, manufacturers now mak some products with reduced EMF le

Meanwhile, some electric utilities are engineering high-currency syste with reduced fields and measuring EMF levels in homes.

But some consumers want power companies to do more, such as rero or bury power lines—even though s and rock cannot shield magnetic fie Undertaking such costly and unpro overhauls could "run into the billio dollars," estimates Keith Florig of t Center for Risk Management at

ources for the Future in Washington. And that's not just a cost to the ties and utility stockholders," ig says. "It's a cost to all users of tricity."

the absence of certainty, demand ncreased federal spending on EMF arch has risen. Currently, electric ties support the bulk of EMF studhrough the Electric Power Research itute, which spends $9 million a on such research. Rising public sure, has spurred congressional n that could enable the EPA, the U.S. artment of Energy and the National tute for Environmental Health to ease their EMF research budgets. ill, most agree answers will be slow ming, at best.

*icole Gudzowsky is a writer for Rural Electric News Service, published by the National Rural Electric perative Association.*

## TO LEARN MORE ABOUT EMF...

**The issues surrounding electric and magnetic fields are complex and confusing. Bnt you don't have to be a rocket scientist to be informed. There are a growing mnnber of resources available especially for lay people.**

**One of the most widely publicized articles is "Electric and Magnetic Fields from 60 Hertz Electric Power: What do we know about possible risks?" Since 1989, more than 70,000 copies have been distributed. To receive one, send $3.50 to the Department of Engineering and Public Policy, Carnegie Mellon University, Pittsburgh, Pa. 15213.**

**And for those who want to stay abreast of the latest scientific studies and policy developments, there are two commercial newsletters featuring non-technical reports: *Microwave News*, P.O. Box 1799, Grand Central Station, New York, N.Y. 10163, and *Transmission and Distribution Report*, 825 Washington Ave., Southeast, Minneapolis, Minn. 55414-2917.**

**The Electric Power Research Institute, a private industry group that supplies the most funding for EMF research in the United States, also offers information for the asking. Contact Ana Montez at the Institute's headquarters: 3412 Hillview Ave., P.O. Box 10412, Palo Alto, Calif. 94303.**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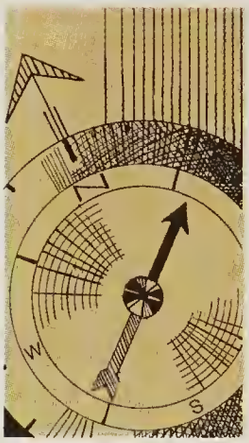

GULF WAR PHOTOS ON EXHIBIT IN LENOIR; THE LATE JAMES KILGORE OF PINE STATE CREAMERY TAPPED FOR AGRICULTURAL HALL OF FAME; DR. PAUL DEW TAKES REINS AS CEO OF AGRI-BUSINESS COUNCIL.

## QUILT SHOW SET IN ONSLOW COUNTY

The Onslow County Museum will hold its 11th Annual Quilt Show Feb.1-2, 1992 at the National Guard Armory in Jacksonville.

Quilt registration is scheduled for Jan. 31 from 10 a.m. to 4 p.m.

For more information on entering a quilt or attending the show, contact the Onslow County Museum, P.O. Box 384, Richlands, N.C. 28574 or call (919) 324-5008.

## HICKORY TO HOST 'ROBOT' MARCH 28

A math-science festival scheduled for March 28 in Hickory will feature more than 75 hands-on exhibits and displays from businesses, colleges and other organizations.

The event is called "Reaching Out Beyond Our Technology," or ROBOT. It is sponsored by the Catawba Valley Area Girl Scout Council and the Catawba Science Center. It will be open from 10 a.m. to 3 p.m. at the Clement Center. Children under 4 will be admitted without charge.

For more information, call Sylvia Bajorek at the council office: (800) 328-8388. Or write to her at 530 Fourth St. S.W., Hickory, N.C. 28602.

## ALCOHOL STUDIES CENTER OFFERS VIDEO, PRINT

The Skipper Bowles Center for Alcohol Studies is offering a video profile of the University of North Carolina and a print of a Chapel Hill campus scene in an effort to raise funds for research on the causes and treatment of alcoholism.

"A Place on the Hill," an hour-long video, combines old film footage with new to give an informative and moving account of the people and events that have helped shape the university.

"A Place on the Hill — Winter Evening" is a limited edition, signed print by Greensboro artist William Mangum.

The video is $49.95 and the print is $85. They can be purchased together as a package for $100. Add 6 percent for state sales tax plus shipping charges. The shipping fee is $10 for the special package, $6.50 per print and $5 per video.

For more information, write to Vanford Communications, Inc., 1301 Carolina St., Suite 102, Greensboro, N.C. 27401. Or call 1-800-542-1852.

## ARTS FESTIVAL OPENS FEB. 28

Original art work for show and sale will be featured at the Third Annual Arts Festival in Winston-Salem, Feb. 28 to March 1.

The festival, sponsored by the Twin City's Pilot Club, will be open to the public Feb. 29 and March 1 at the Sawtooth Building. A gala silent auction and champagne buffet is scheduled for Feb. 28.

Proceeds from the sale will support the club's community service programs.

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*William Mangum's "A Place on the Hill"*

## XHIBIT TO MARK ANNIVERSARY F COLUMBUS' VOYAGE

ainting, sculpture, metalwork and furniture representing e overlapping culture of th to 19th century anish Colonies are part a Charlotte exhibit rking the 500th anni- rsary of Columbus' w World encounter. The show at the Mint iseum of Art opens Feb. 1 d will run through April 26.

The Mint Museum, 2730 Randolph Road in Charlotte, pen Tuesday from 10 a.m. to 10 p.m., Wednesday through urday 10 a.m. to 5 p.m. and Sunday from 1 p.m. to 6 p.m. mission is $4 for adults, $3 for seniors and $2 for dents. There is no charge for museum members and ldren 12 and under.

For more information, call (704) 337-2000.

## PHOTOS XHIBIT NOIR

n exhibit of dramatic pho- hs from the Var is sched- o open Feb. 8 Caldwell Arts il in Lenoir. ginal images ration Desert and Opera- esert Storm ıp the collec- hich will be ved through- council's gallery. ections for the were culled ousands of and negatives military raphers, eville Pub- Company , and inde- t photo- ists. exhibit, was ded by the Airborne nd Fort Fayetteville Publishing Company and the Arts Council of Fayetteville/Cumberland County. It is sponsored in Caldwell County by The Lenoir *News-Topic*.

The exhibit will be on display through the end of February. For more information, contact the Caldwell Arts Council at (704) 754-2486.

## DEW NAMED CEO OF AGRIBUSINESS COUNCIL

Paul E. Dew, who recently retired as assistant director of county operations with the North Carolina Cooperative Extension Service, has been named executive vice president of the N.C. Agribusiness Council.

Dew, a veteran of 32 years with the extension service, had been on the statewide staff since 1979. Earlier, he was a district chairman for 10 years and served as chairman in Cumberland County for six years. He has two degrees in agriculture and a doctorate in adult education from N.C. State University.

He succeeds Edmund Aycock, who retired after 11 years as the council's chief executive officer.

## PARADE OF GEMS SET IN HICKORY

The 22nd Annual Unifour Parade of Gems, featuring demonstrations, exhibits and dealers will be presented at the Clement Center in Hickory, March 20-22.

The show, to be hosted by the Catawba Valley Gem and Mineral Club, will be open from 9 a.m. to 8 p.m. March 20, 9 a.m. to 7 p.m. March 21 and 12:30 p.m. to 5 p.m. March 22.

For more information, write to Glenn R. Bolick, P.O. Box 2521, Hickory, N.C. 28603-2521.

## JAMES KILGORE ENSHRINED IN HALL OF FAME

A Raleigh dairyman has been enshrined in the North Carolina Agricultural Hall of Fame.

The late James D. Kilgore, former president and chairman of the board of Pine State Creamery, joined his father Benjamin W. Kilgore, founder of Pine State, in the Hall of Fame.

He became the 27th member of the distinguished group.

J.E. Legates, former dean of the College of Agriculture and Life Sciences, N.C. State University, presented the citation, noting that Kilgore was a leader in agribusiness, civic, professional and philantropic endeavors.

He said Kilgore was a great supporter of N.C. State University and was instrumental in founding the N.C. Dairy Foundation.

Kilgore and his relatives established the B.W. Kilgore Scholarship at N.C. State in food science and he received the university's Watauga Medal for distinguished service.

The N.C. Agricultural Hall of Fame was created by the 1953 General Assembly to "honor North Carolinians who have rendered distinguished service in the science and art of agriculture."

## SOUTHERN SPRING SHOW SLATED FEB. 22-MARCH 1

The 1992 Southern Spring Show in Charlotte, Feb. 22 to March 1, will feature professionally landscaped gardens and designer rooms as well as arts, crafts and home accessories.

The show will be open Monday through Friday from 10 a.m. to 9 p.m. and Sundays from 10 a.m. to 6 p.m. at Charlotte's Merchandise Mart, 2500 E. Independence Blvd. Adult tickets are $6.

For more information, call (704) 376-6594 or write to Southern Shows, Inc., P.O. Box 36859, Charlotte, N.C. 28236.

## STATE AGENCY OFFERS CATALOG LISTING HISTORY PUBLICATIONS

Interested in North Carolina's colorful past?

You can read more about it with the help of a new catalog that is available from the Historical Publications Section of the North Carolina Division of Archives and History. It lists more than 150 publications that delve into the state's history.

The listing includes posters, maps, archival guides and books on various subjects. To order a copy of the free catalog, write to Historical Publications Section (N), Division of Archives and History, 109 E. Jones St., Raleigh, N.C. 27601-2807, or call (919) 733-7442.

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## AMERIFLORA '92 TO OPEN APRIL 20 IN COLUMBUS, OHIO

Gardeners from around the world will be gathering in Columbus, Ohio, later this year for AmeriFlora '92, an international exposition that will help the city mark the 400th anniversary of Christopher Columbus' arrival in the New World.

The international exposition on gardening, which has never before been presented in the United States, will be open from April 20 to October 12. Sixteen nations will be represented in the exposition, and the world's top horticultural producers will compete for prizes and awards for trees, shrubs, bulbs and flowers.

The show will feature regional exhibits showcasing the best gardening ideas from around the world, a rose

garden with 4,000 bushes, an antique carousel and playgrounds for children, international entertainment acts and a variety of restaurants from the various countries represented.

The AmeriFlora exhibit will cove 88 acres at Columbus' Franklin Par home of the newly-renovated Frank Park Conservatory.

The exhibit will feature gardens modeled after the varying climates the world. A series of miniscapes w include waterscapes, grasses and bonzai gardens.

The indoor competition is design with the United States as a central with the 15 other nations displayed around the perimeter.

Tickets for AmeriFlora go on sale Feb. 1, and are $19.95 for adults, $16.95 for seniors, and $9.95 for children 4-12. Group discounts are available.

For information, call 1-800-BUCKEYE or write to AmeriFlora, 1995 East Broad St., Columbus, Ohio 43209-1679.


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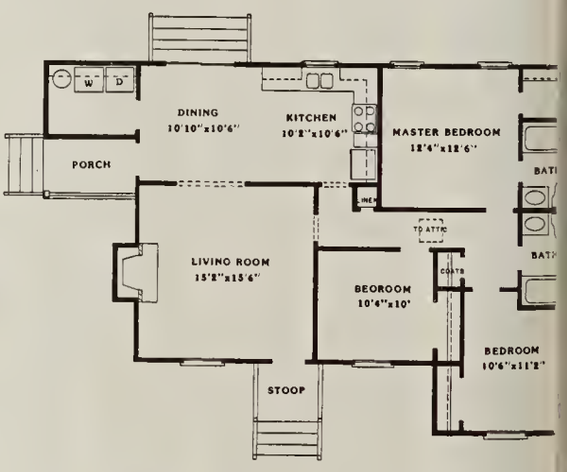


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# A Glimpse of Light Living

Here's a glimpse of nutritional information you'll find in *Light Living*, the new cookbook published by the Women's Committee of North Carolina's rural electric cooperatives.

This material was provided by Healthworks, a division of Wake Medical Center in Raleigh. The 192-page softcover volume includes more than 300 recipes contributed by members of local co-op women's committees across the state.

Proceeds from the sale of the spiral-bound cookbook will support three college scholarships that are awarded annually.

To order a copy, complete the coupon below and enclose check or money order for $12.95 per copy, including postage and handling. Mail orders to: Women's Committee Cookbook, P.O. Box 27306, Raleigh, N.C. 27611.

**How Much Fat Should You Eat?**

For people who want to measure their fat intake, follow these simple guidelines Children, teens and adults should consume no more than 30 percent of their total calories from fat but less than 25 percent is even better for teens and adults. Children under age 2 should not reduce their fat intake.

The chart below translates these guidelines into grams of fat for people who have an average calorie intake.

| | Age Group | Average Daily Caloric Intake | Total Fat In Grams | Saturated Fat In Grams |
|---|---|---|---|---|
| Children | 6-11 | 2000 | 67 | 22 |
| Females | 12-17 | 1800 | 55 | 18 |
| | 18-44 | 1600 | 44 | 15 |
| | 45 or older | 1400 | 39 | 13 |
| Males | 12-17 | 2600 | 72 | 24 |
| | 18-54 | 2400 | 67 | 22 |
| | 55 or older | 2000 | 56 | 19 |

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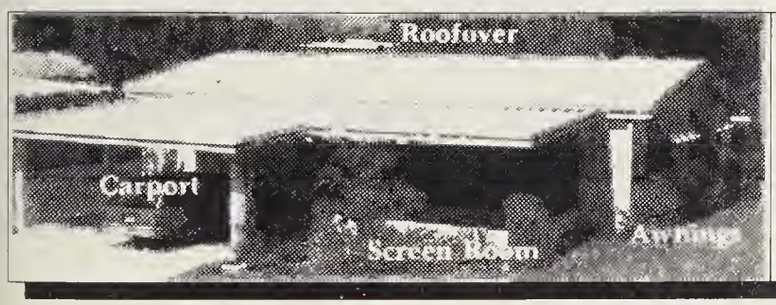


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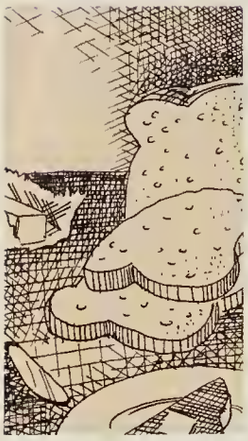
# COUNTRY KITCHEN



THIS QUICK-AND-EASY DISH WAS SUBMITTED BY A FLORIDA RESIDENT WHO IS A MEMBER OF BLUE RIDGE EMC, LENOIR

## GOLDEN APRICOT CHICKEN

*Submitted by Lois S. Lesslie*
*Boynton Beach, Fla.*

4-6 skinned fryer chicken breasts or
1 whole fryer cut-up
1 envelope Lipton dry onion soup
1 8 oz. jar apricot preserves
1 8 oz. jar French dressing

Mix dry onion soup, apricot preserves and French dressing together in a bowl.

Place skinned chicken in a flat casserole dish. Pour the mix over the chicken and cover with aluminum foil.

Bake for 50 minutes in 350-degree oven. Uncover and bake for 10 minutes more.

This can be prepared hours in advance and left to marinate. It can be prepared in 15 minutes and is great served over rice.

Would you like to share your recipes?

If you would like to share a recipe with the column, send it to: *Carolina Country*, P.O.Box 27306, Raleigh, N. 27611.

We pay $5 for published recipes a present each monthly winner a set of recipe cards featuring a reprint of the published recipe.

## CULINARY SOS: READER NEEDS A RECIPE FOR PICKLED CAULIFLOW

One of our readers has ask for help in finding a dependable recipe for pickled cauliflower. If you have one share, send it to Jean F. Kehnett at 9 Quailmeadow Lane, Colfax, N.C. 27235.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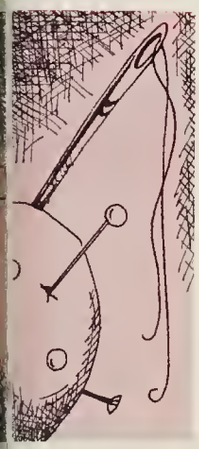

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5714

**5148:** Create an old fashioned doll from an antique pillow case or a favorite fabric. Printed pattern for 18" doll, dress and bonnet.

## Crochet Fashion

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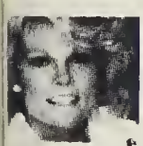

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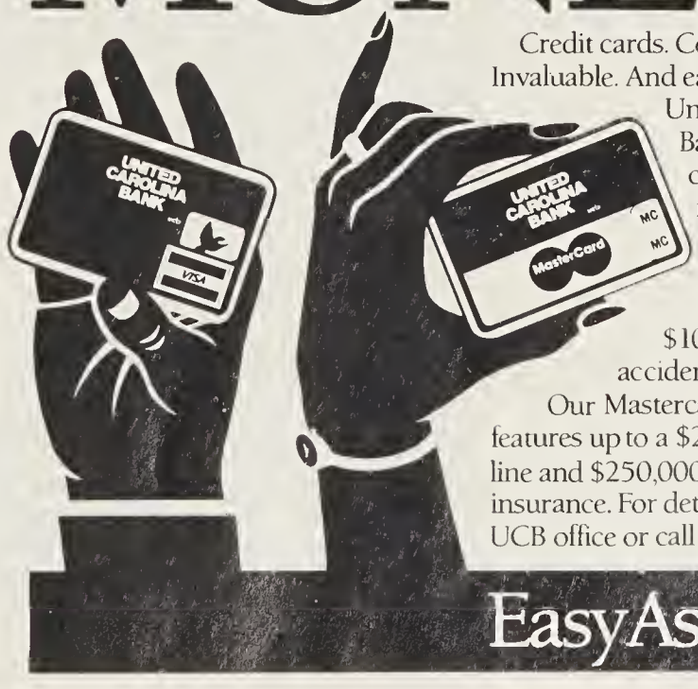


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# HANK'S GARDENING GUIDE '92

**NOW'S THE MIDWAY PERIOD FOR WINTER PLANTING AND TRANSPLANTING OF TREES AND SHRUBS. OUTDOOR GARDENING WORK MUST BE LIMITED TO MILD DAYS BETWEEN COLD SNAPS. DURING TEMPERATE DAYS THIS MONTH PRUNE SUMMER-FLOWERING SHRUBS, RID YOUR GARDEN OF PLANT LITTER, CHECK PLANTINGS TO BE CERTAIN THEY GET SUFFICIENT WATER, AND INSPECT GARDEN TOOLS FOR REPAIRS THAT MIGHT BE NEEDED.**

### CLEAN UP GARDEN LITTER

Many plant diseases pass the winter on diseased prunings from plants. All prunings, dead leaves and trash under trees and shrubs should be raked out and burned; they are likely to harbor insects and disease organisms.

Only healthy leaves that have fallen naturally should be used for mulching or placed on the compost pile.

### FLOWERING POTTED PLANTS

Houseplants grown for their blooms should be placed in areas of the house that provide abundant light. Keep the soil barely moist. Avoid exposing plants to drafts and sudden changes of temperature.

### WINTER WATERING

Winter winds will cause moisture to evaporate from the foliage of evergreens—it evaporates faster than it can be replenished by the roots. This is especially true if the soil is frozen. This is the reason that many broad-leaved evergreens are less hardy than narrow-leaved or needle-leaved plants such as pine, juniper and yew.

During dry periods in winter. it is advisable to water plants well. Give special attention to slopes that don't retain water and areas under the eaves of buildings that receive scant rainfall.

A 3 to 6 inch layer of mulch will help conserve moisture and often prevents the ground from freezing.

### GARDENING TIPS

As their growing tips emerge from the ground, fertilize spring flowering bulbs with complete fertilizer. Apply two pounds per 1,000 square feet.

Divide and replant daylilies.

Avoid pruning spring-flowering shrubs like azaleas, spireas, flowering quince and forsythia.

Remove fade camellia blooms from plants and pick up blooms have dropped to ground. These c spread camellia blight.

Prune grape vines and fruit trees.

Cut off the br foliage on iris plants.

Plant clemat and wisteria vin now for quick results where fl ering vines are needed in the l scape. Allow an room for wisteri climb and spre

Prepare mail orders for seed planted in the spring and sum

When planti trees and shrub certain to firm s in the bottom of hole. This helps prevent sinking the root ball.

Fill your Ne Year with many hours of reward gardening.

*continued on pa*

### WATERING HOUSEPLANTS

Unhealthy houseplants often are suffering from improper watering. If allowed to become too dry, many potted plants develop dead areas on the margins or tips of their leaves. Overwatering can cause root rot—a rather common problem with houseplants. To prevent this, always water until it runs from the bottom of the pot. Then empty excess water from the saucer.

When there is no drainage hole in the pot or the pot sits in water, the airspaces in the soil fill with water. The roots then suffocate and rot.

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## HANK'S

*continued from page 22*

### TOOL MAINTENANCE

Now is an excellent time to clean and oil garden tools in preparation for spring activity. Remove rust with sandpaper or emery cloth. Wipe all metal parts with oil.

### VEGETABLE GARDEN

Work compost and manure into the vegetable garden plot just as soon as soil is workable. Any cover crops should be turned under a month prior to planting.

Make plans for vegetables to be grown. It's helpful to plan on paper, working out a rotation of vegetables to be grown from seed planted in the garden and those to be produced by setting plants in the vegetable rows.

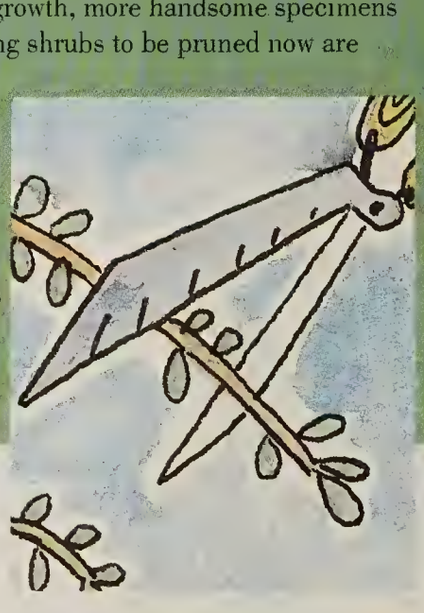
### BALANCE TOP AND BOTTOM

If you leave all the top growth when transplanting an evergreen tree or shrub, it will require more water and nourishment than the root system can supply. A fairly high death rate can be expected if the top growth is not pruned to balance the root system.

You can prevent this imbalance by pruning back the top of the plant to compensate for the inevitable damage roots suffer in transplanting. Even when plants are dug and transplanted with the greatest of care the root system suffers a degree of shock from being disturbed and moved.

### SHRUBS TO PRUNE NOW

Shrubs that bloomed late last summer should be pruned between now and late February. By pruning now you will encourage thicker growth, more handsome specimens and more blooms. Among shrubs to be pruned now are crape myrtle, buddleia, abelia, kerria, salt cedar, elaeagnus, mallow hibiscus, flowering willow and vitex. Oleander grown outdoors in protected areas of the coast may be headed back now.



### COMPOST CA

Even thoug may be co outside, a com pile stays warr active as bacte work to decom leaves and oth plant parts cas the pile.

Decomposit slows down or stops if the co pile gets dry. I good idea to le sprinkler or so hose run on th compost pile f several hours every two to th weeks if there no heavy rain long periods o

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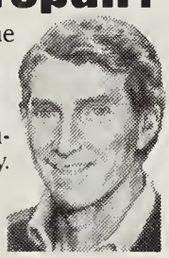

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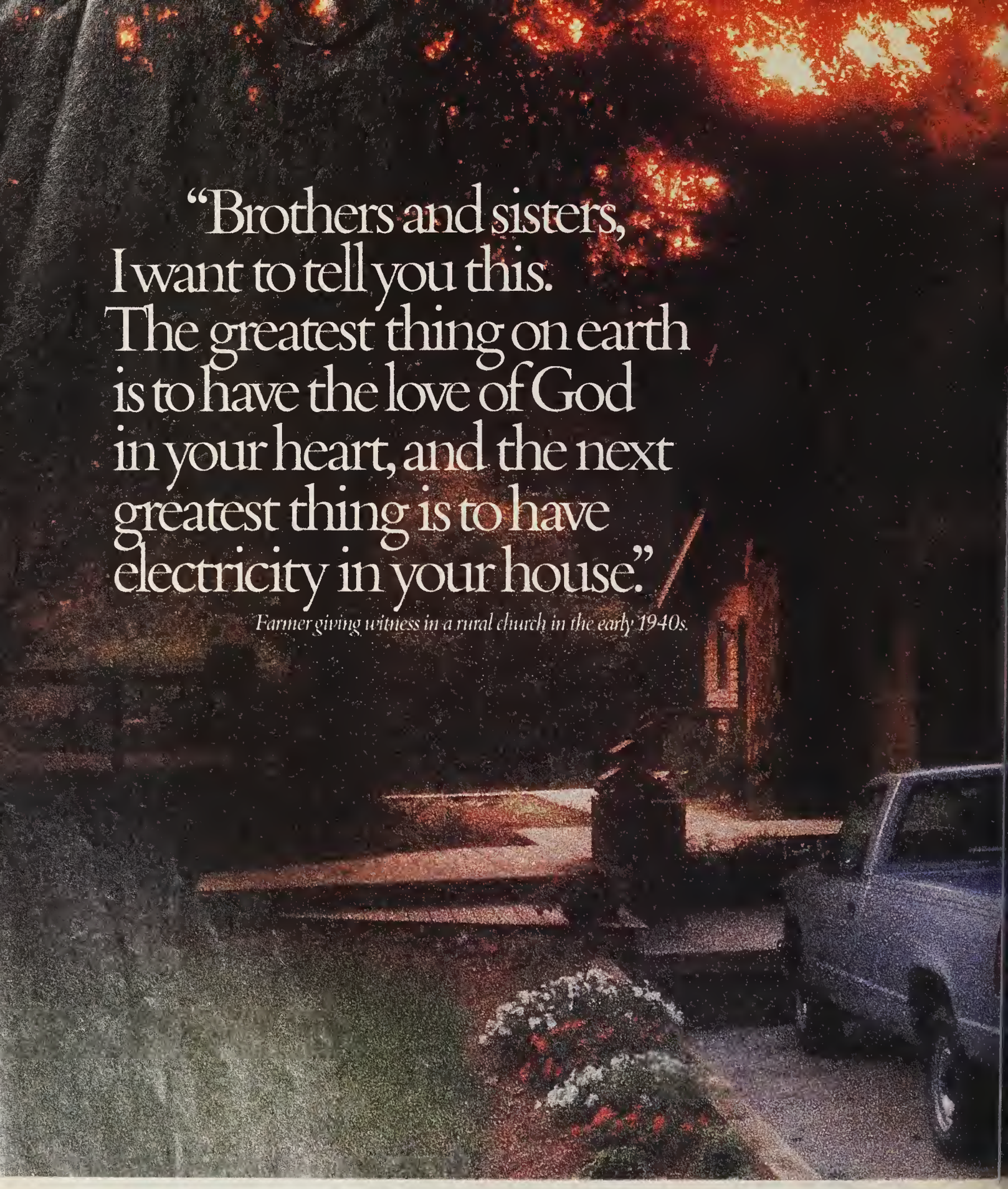
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# JOURNAL

**MAGAZINE ADOPTS NEW COLUMN AND NEW DESIGN; BORROWED "RULES TO LIVE BY" OFFER WORDS OF INSPIRATION FOR A NEW YEAR.**

## DUAL DEBUTS: A NEW LOOK AND A NEW COLUMN

As part of our effort to improve the effectiveness of *Carolina Country* as a consumer-oriented magazine, we have adopted a bright new graphics format.

The new look was developed by West Side Studio in Durham, with guidance from the magazine's staff. It introduces new type faces and a streamlined design using white space to give the pages an open and uncrowded appearance. We are also packaging our columns and shorter articles in new sectional treatments grouping similar items together.

In revamping the magazine's design, we have created this new column to carry material that would have appeared previously in Editor's Letter and Grits, both of which entered the magazine's computer network from my keyboard. I expect Journal to carry on many of the traditions of the two earlier columns.

All these changes are intended to make the magazine more appealing and useful to our readers. I hope you like it.

Even if you don't, let us know how you feel about it. Your suggestions can guide us as we refine the new format over the next several months.

## WORDS OF INSPIRATION FOR A NEW YEAR: RULES TO LIVE BY

For our traditional salute to the New Year, we are reprinting an item that appeared in the North Dakota rural electric statewide magazine a year ago. Columnist Jo Ann Winistorfer also borrowed it but was unable to identify the original source.

It's a set of modern-day Ten Commandments that she found printed on the back of a breakfast menu at a Bismarck restaurant, Kroll's Kitchen. The restaurant had picked it up from a newspaper. If you know where it ori nated, I'll gladly give the proper cre in print, and I expect the North Dak publication would follow suit.

Jo Ann Winistorfer described the commandments as good "rules to li by" that should be used along with original ten commandments. She ad "My wish for you is that you'll use t along with the originals, and that together they'll help guide you towa more rewarding life this brand new year."

I offer them here with the same w for you in 1992:

### A NEW TEN COMMANDMENTS

**1. Thou shalt not worry, for worry is the most unproductive o all human activities.**

**2. Thou shalt not be fearful, f most of the things we fear never come to pass.**

**3. Thou shalt not cross bridges before you get to them, for no on has yet succeeding in accomplish ing this.**

**4. Thou shalt face each proble as it comes. You can handle only one at a time anyway.**

**5. Thou shalt not take problem to bed with you, for they make poor bedfellows.**

**6. Thou shalt not borrow othe people's problems. They can take better care of them than you can.**

**7. Thou shalt not try to relive yesterday; for good or ill, it is gone. Concentrate on what is hap pening in your life today.**

**8. Thou shalt count thy bless ings, never overlooking the small ones, for a lot of small blessings add up to a big one.**

**9. Thou shalt be a good listene for only when you listen do you hear ideas different from your ow**

**10. Thou shalt not become bogged down by frustration, for percent of it is rooted in self pity and will only interfere with positi action.**

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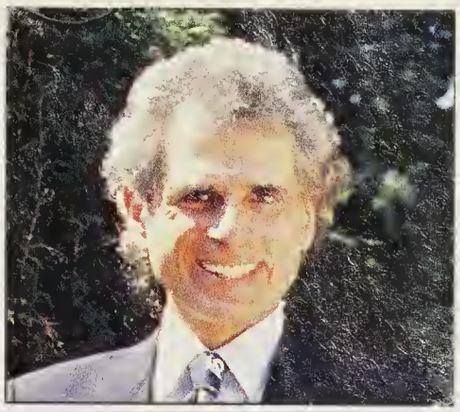

Styrell Markham, President
Age 53

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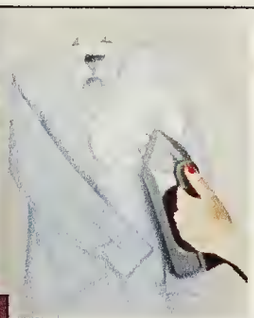

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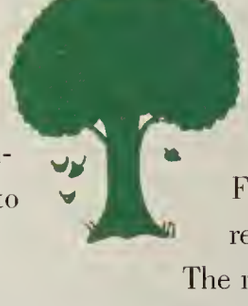
# MAILBOX

READERS COMMENT ON EFFORTS TO SAVE THE NATIVE CHESTNUT TREE AND DESCRIBE SPECIAL COUNSELING THAT IS REQUIRED FOR CONSUMERS WHO APPLY FOR REVERSE MORTGAGES.

## CO-OP "NEIGHBORS" RESPOND TO REQUEST FOR INFORMATION ON NATIVE CHESTNUT TREE

Thank you for your help in getting information about our native chestnut trees. As a result of your asking our electric cooperative neighbors for assistance, a considerable number of notes and letters have come to my mailbox. I appreciate every one of them.



Glenda Dick of Pinehurst wrote to say that they have two chestnut trees that are healthy and are bearing plenty of chestnuts. She goes on to say that if I would like some seedlings to let her know.

Margaret Jones of Stedman says she has two large chestnut trees that are blight-free and she had so many chestnuts this year she could not give them all away. So she gathered them up and donated them for wildlife use. This neighbor also offered seedlings.

Maude Smith of Morganton was kind enough to send the names of two persons who know something about the chestnut trees and would have information about them.

Lucy Wood of Watha writes that they ordered three chestnut trees from Stark Brothers 18 years ago and they have been bearing for about eight years. This year they sold 35 pounds and gave many more of the nuts away. She says that her husband is from Tennessee and enjoys eating them. Maybe that helps to explain why I have an interest in chestnuts. I am from Tennessee, too.

Walter Johnson of Boone sent information about the American Wild Turkey Society. The society is promoting the planting of hybrid chestnut trees in the woods so that wild turkeys and other wildlife will have more food. And with more food available there will be more wildlife. The society is offering 10 hybrid chestnut tree seedlings for $2 plus $2.50 for postage and handling. you are interested in this program, w to the society at: AWTS, P.O. Box 62 Sparta, Tenn. 38583.

W. Shannon of Gastonia sent cons erable information about the Americ Chestnut Foundation with the good news that someone is doing somethi about bringing back the American chestnut. He suggests that the b thing we can do is to support ACF breeding program that building in blight resistance

The American Chestnut Foundation has established a research farm at Meadowview, V The research folks at the farm are lo ing for volunteers to help them next summer. If you are interested in hel to bring back a life-form that is alm extinct, write to the American Chest Foundation at address below.

The folks on the farm have plante 200 2-year-old seedlings and have grown seedlings from 2,000 nuts tha were planted. Next summer a few hu dred grafts will be made and hundre of new trees will need to be hand-po nated. Nuts will need to be collecte and a tremendous number of record will have to be kept. There is no en the amount of work that has to be d in order to bring these trees back.

If you are interested in volunteer some of your time and/or learning m about the American Chestnut Foun· dation, write to its Member Service Office, P.O. Box 6057, West Virgini University, Morgantown, W.Va. 265

At "neighbor" Shannon's suggest I have applied for membership in th foundation. If we supply the needed support, the American chestnut wil completely restored.

Thank you again for your help ar your commitment to the conservatio our world.

*Paul S. Flynn, Cullo*

## GHTED" TO SEE TAR HEELS VING AN INTEREST E NATIVE CHESTNUT

reference to Paul S. Flynn's letter in October's *Carolina Country*. es, much is being done about ng back the native American ut tree. At this time, there are no free chestnut seedlings but there e in the not too distant future. ings are available, but they are ght-free.)

t member of the American ut Foundation, I am delighted to er North Carolinians show interhis cause. Anyone interested can information by writing to the tion.

*Ktreen Dupin, Fayetteville*

*nn's latest letter above for the tion's address.*

## REQUIRES COUNSELING FOR RSE MORTGAGE APPLICANTS

was exciting to see the article n reverse mortgages in the orizon section of the September ssue of *Carolina Country*. er, there is one pertinent fact ould have been included in the

Department of Housing and Development program, Home Conversion Mortgages, mandat every borrower must be counby a HUD-approved housing lor and a Certificate of Borrower ling must be presented to the at the time of application for a mortgage. North Carolina gentutes also mandate counseling reverse mortgage applicants.... ere is an existing mortgage, it e paid. The proceeds from the mortgage may be used for this e, however, that means the y payments or line of credit are decreased. There are four payment options: tenure, term, line of credit and a combination of line of credit and tenure/term. The amount of the payment depends on three factors: the maximum claim amount assigned to each county; the age of the youngest borrower (must be at least 62 years); and the interest rate on the loan....

The amount of home equity left in your home depends on the initial claim amount; the type payments you chose at the time of closing and how long you live. The outstanding balance of a HUD-insured reverse mortgage may be prepaid in full or in part at any time without penalty.

The Area Agency on Aging at Mid-East Commission, Washington, N.C., is a HUD-approved agency for housing counseling in Eastern North Carolina. At the present time, we cover the area east of Raleigh. Anyone interested in reverse mortgages may contact me at (919) 946-8043. Counseling is a service offered by the Area Agency on Aging to potential borrowers of HUD-insured reverse mortgages. I am also available to the elderly in the five counties of Beaufort, Bertie, Hertford, Martin and Pitt for counseling on any other housing issues.

*Patricia L. Baker*

*For more information, readers in Eastern North Carolina are asked to contact Ms. Baker at the Mid-East Commission, P.O. Drawer 1787, Washington, N.C. 27889. Phone: (919) 946-8043. For readers in the region west of Charlotte, contact Diane Padgett, Isothermal Planning Commission, P.O. Box 841, Rutherfordton, N.C. 28139. Phone: (704) 287-2281. For readers in the area around Winston-Salem, contact Beth Harrell, Northwest Piedmont Council of Governments, 280 South Liberty St., Winston-Salem, N.C. 27101. Phone: (919) 722-9346.*

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